

Restricted-Competitive Foods

With recent attention to diseases such as obesity and diabetes it is now more important than ever that we, as administrators and teachers, guide students in their food choices. The Dietary Guidelines for Americans suggest that we choose a diet moderate in sugars, low in fat, saturated fat, and cholesterol and with plenty of grain products, vegetables, and fruits. The Food Guide Pyramid suggests that we eat fats, oils and sweets “sparingly.” Foods that compete with more healthful choices should not be made available to students, especially during meal times when well balanced nutritious meals are available. Students should not be given an opportunity to select foods that are less nutritious. These foods are known as Competitive Foods.

Competitive foods are any foods sold in competition with meals served under the National School Lunch and School Breakfast Programs. Competitive foods can be non-restricted and restricted.

Restricted Competitive Foods also known as “Foods of minimal nutritional value”, can not be sold in the food service area during meals where a reimbursable meal is sold or eaten. Restricted Competitive Foods may be sold on other parts of the school campus through the day, just not during meal times.

The following are examples of restricted competitive foods. The USDA deemed that these foods do not have a place on campuses during meal times. The list includes but is not limited to those items listed. The listed products are in no way meant to be all inclusive or definitive but rather as an example to provide guidance when making determinations on new products or products not specifically listed.

SODA WATER- As defined by 21CFR 165.175 Food and Drug Administration Regulations, (class of beverages made by absorbing carbon dioxide in potable water, etc.) except no product shall be excluded from this definition because it contains artificial sweeteners or discrete nutrients added to the food such as vitamins, minerals, and proteins.

Company/Distributor	Product
Pepsi	Pepsi, Diet Pepsi, Vanilla Pepsi, Diet Vanilla Pepsi, Pepsi-Twist, Diet Pepsi-Twist, Wild Cherry Pepsi, Diet Wild Cherry Pepsi, Pepsi-Edge, Pepsi One, Sierra Mist, Sierra Mist Free, Mountain Dew, Diet Mountain Dew, Mountain Dew-Code Red, Diet Mountain Dew-Code Red, Mountain Dew-Live Wire, AMP, Mug Root Beer, Diet Mug Root Beer, Slice, Mirinda Orange
7 UP	7 Up, Cherry 7 Up, Diet Cherry & UP, 7 Up Plus, A&W Rootbeer, Sunkist, diet Sunkist, Dr. Pepper,

	Diet Dr. Pepper, Cherry Vanilla Dr. Pepper, Diet Cherry Vanilla Dr. Pepper
Coca-Cola	Coke, Diet Coke, Cherry Coke, Diet Cherry Coke, Diet Coke w/ Lemon, Diet Coke w/ Lime, Vanilla Coke, Diet Vanilla Coke, Sprite, Diet Sprite, Sprite Re-Mix, , Barq's, Diet Barq's, Evian, Fanta, Fresca, KMX, Mello Yello, Mr Pibb, Pibb x-tra, Sprite, Diet Sprite, Tab

****this list includes but is not limited to these products**

WATER ICES-As defined by 21CFR 135.160 Food and Drug Administration Regulations, except that water ices which contain fruit or fruit juices are not included in this definition.

Company/Distributor	Product
Supreme Manufacturing Company Inc.	Sno Cone Syrups
Jel-Sert	Pop-ice, Otter Pops

Chewing Gum- Flavored products from natural or synthetic gums and other ingredients that form an insoluble mass for chewing.

Company/Distributor	Product
Amurol Confections Co	Hubba Bubba Bubble Beeper Bubble Gum
Cadbury Adams USA LLC	Bubblecious Bubble Gum, Bubbaloo, Chiclets, Cinn-a-burst, Clorets, Dentyne Classic, Dentyne Fire, Dentyne Ice, Trident, Frident for Kids, trident White
Concord Confections	Tongue Splashers Bubble Gum
Wrigley's	Juicy Fruit, Wrigley's Spearmint, Doublemint, Extra, Winterfresh, Big Red Eclipse, Eclipse Flash, Orbit White, Orbit, Freedent, Airwaves, Alpine,

Certain Candies: Processed foods made predominantly from sweeteners or artificial sweeteners with a variety of minor ingredients that characterize the following types:

a) Hard Candies- A product made predominantly from sugar (sucrose) and corn syrup which may be flavored and colored, is characterized by a hard, brittle texture, and includes such items as sour balls, fruit balls, candy sticks, lollipops, starlight mints, after dinner mints, sugar wafers, rock candy, cinnamon candies, breath mints, jaw breakers and cough drops.

Company/Distributor	Product
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BestSweet	Baskin Robbins Smooth & Creamy Hard Candy
Cadbury Adams USA LLC	Bubblecious Burst Pops, Halls throat drops, Halls Sugarfree throats, Halls Defense Throat Drops, Halls Plus Throat Drops, Halls Defense Vitamin C Throat Drop Halls Fruit Breezers Throat Drops.
Chupa Chups	Whistle Pop
Energy Club, Inc	Suckers "Paletas" con chile y limon, Mexican Candy Pelucas Mix, Antojitos Super Baby Strawberry Candy Pica Fresa, Spicy Candy Pelon Pelo Rico, Chile y limon Cucharas y Picas
Ferrara Pan Candy Co.	Tic tacs, Jaw Breakers, Red Hots
Hershey	Jolly Ranchers (all varieties & flavors)
Impact Confections	Lollipop Paint Shop Doubles
Innovative Candy Concepts	Too Tart UFO's Intense Chewable Candy
Insight Pharmaceuticals Corp	Sucrets
Kraft	Cream Savers (all flavors), Lifesavers (all flavors)
Mexico Company & Inc	Crazy Hair, Crazy Tongue (lollipops & powder candy)
Nestle	Spree, Sweetarts
Pez Candy	Pez
Ricola Ltd	Ricola Mountain Herbs Swiss Herb Throat Drop
Sconza	Alien Sour Jawbreaker
Smarties	Smarties candies, Candy Necklaces
Smart Choice	Suck-ups
Topps Co.	Push Pop, Baby Bottle Pop Candy, Triple Power Push Pop
Topco Associates LLC	Topcare Cough Suppressant Drops
WM Wrigley Jr Co.	Big League Chew (Bubble Gum)
Wonka	Fundips, SweetTarts, Gobstoppers, Runts
Wyeth Consumer Healthcare	Luden's throat Drops

b) Jellies and Gums- A mixture of carbohydrates which are combined to form a stable gelatinous system of jelly-like character, and are generally flavored and colored, and include gum drops, jelly beans, jellied and fruit-flavored slices.

Company/Distributor	Product
American Licorice	Red Vines, Sour Punch Straws
Amurol Confections Co.	Bug City Candy Tarts,
Au'some Candies	Gameboy Advance-3D Gummy Candies
Energy Club, Inc	Sour Gummy Glo worms, Fruity Gummy Worms w/real fruit juice; Candy Jewelry, Sour Gummy Glo

	Bears w/ real fruit juice, JuJu Fish
Hershey	Twizzlers
Innovative Candy Concepts	Too Tarts Xtra Sour Goo Candy, Too Tarts Sour Blast Spray Candy
Ferrara Pan Candy Co.	Black Forest Gummy Bears, Black Forest Gummy Worms, Narbles Chewy Fruit Slammers, Lemonhead
Gurley	Rocky Mountain Brand assorted Jelly Beans, Gummy Peach Rings,
Jaret International	Hawaiian Punch Soft & Chewy Candy, Sour Patch Kids
Just Born Inc.	Mike & Ike, Hot Tamales
Kenny's	Sour Twists
Kidsmania Inc	OH RATZ Gummy Candy w/ powder
Malaco	Swedish Fish
Marketing & Sales Essentials	e. frutti gummy candy, e. frutti Gummy Pizza, e. frutti Sour Gecko
Nabisco	Trolli Sour Brite Crawlers
Promotion In Motion, Inc	Buddy Bears Gummy Bears, Fudgesicle Candy Twists
SP Enterprises, INC	Viper Venom Sour Liquid Candy
Strock	Mamba (fruit Chews)
Wonka	Nerds Rope, Laffy Taffy

c) Marshmallow Candies- An aerated confection composed of sugar, corn syrup, invert sugar, 20% water and gelatin or egg white to which flavors and colors may be added.

Company/Distributor	Product
Just Born	Marshmallow Peeps

d) Fondant- A product consisting of microscopic sized sugar crystals that are separated by a thin film of sugar and/ or invert sugar in solution such as candy corn, soft mints.

Company/Distributor	Product
Energy Club	Rellerindo Tamarindos, Dulce nde Cacahuete Mazapan/Marzipan
Gurley	Rocky Mountain Hot Tamales
Perfetti Van Melle USA, Inc	Airheads
Master Foods	Starburst
M&M Mars	Skittles (all flavors)
Strock Service	Toffifay
Sweet Candy Co.	Salt Water Taffy (whipped nougat)

Tootsie	Dots, Junior Mints, Tootsie Pops
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e) Licorice- A product made predominantly from sugar and corn syrup that is flavored with an extract made from the licorice root.

Company/Distributor	Product
Gurley	Rocky Mountain Brand Licorice Mix, Rocky Mountain Brand Licorice Bites

f) Spun Candy- A product that is made from sugar that has been boiled at high temperature and spun at a high speed in a special machine.

Company/Distributor	Product
Rainbow Cotton Candy	Cotton Candy (all flavors)

g) Candy Coated Popcorn- Popcorn that is coated with a mixture made predominantly from sugar and corn syrup.

Company/Distributor	Product
ConAgra Foods	Crunch & Munch
Frito Lay	Cracker Jack
Lincoln Snacks Company	Fiddle Faddle, Poppy Cock